

Make the most of Aetna Navigator,  
your secure member website:  
[aetnanavigator.com](http://aetnanavigator.com). Access online  
health tools and resources:

- Health Assessment
- Discount Programs
- Health Information Tools
- Manage Claims
- View Coverage & Costs
- Health Decision Support

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beat diabetes





## FACT: 6,543 State of Delaware non-Medicare covered members (6.6%) have diabetes with a total annual cost of \$32.4 million

### PREVENT IT

Excess weight and a non-active lifestyle increases the risk for developing type 2 diabetes. Lower your risk with lifestyle changes:

- Move more
- Lose weight
- Eat healthy
- Quit tobacco

Take advantage of the following resources at **no cost** to you:

- **Carelink CareNow (1-844-227-3565)**



A health care advisor is just a phone call away through this care management program. The Carelink CareNow team, which consists of a medical director, nurse care coordinators, pharmacists and social workers, will provide you with the tools, knowledge and support you need to reach your health and wellness goals.

- **Informed Health Line (1-800-556-1555)**

Do you have a health question? Aetna's nurses are available 24/7 via telephone to assist you. You can also email a nurse (through Aetna Navigator) who can send you links to health information.

### MANAGE IT

Type 2 diabetes can have complications such as nerve, kidney and heart damage. If you are living with diabetes, it's important to make choices that keep you healthy:

- Eat right and be active
- Check your blood sugar (glucose)
- Take medicines (as prescribed by your doctor) and stay up to date on your doctor visits, screenings, exams and tests

Take advantage of the following resources at **no cost** to you:

- **Carelink CareNow (1-844-227-3565)**



This care coordination program provides you with access to a team of health professionals who partner with your doctor, answers your questions about diabetes (the medications you should take and the lab work or tests your doctor ordered for you), support you and help you to keep track of your progress.

- **Diabetic Program (Offered Through Your Express Scripts Prescription Drug Plan)**

Diabetic supplies (lancets, test strips, syringes/needles) are provided at **no cost (\$0 copay)**. Multiple diabetic medications may be obtained for **just one copay**. For details on the Diabetic Program, visit [de.gov/statewidebenefits](http://de.gov/statewidebenefits).